

**IN THE CLAIMS:**

Please amend the claims as follows, wherein insertions are underlined and deletions are indicated with strikethrough or double brackets. This listing of claims will replace all prior versions, and listings, of claims in the application.

1. (Currently Amended) An insert apparatus for use with a bowling ball, said apparatus comprising a socket member and an insert member which fits removably into the socket member,

said socket member having an upper end and a lower end and comprising

a cylindrical sleeve having a first hollow bore formed therein with a first diameter  
and

a base formed integrally with the sleeve, the base comprising a first locking structure, said first locking structure comprising:

a ridge extending inwardly at the lower end of the socket member and  
having a plurality of cutouts formed therein for receiving fingers of the insert  
member, and

a plurality of tracks formed in the base of the socket member adjacent said  
cutouts, respectively, each of said tracks comprising a ramp for guiding movement  
of one of said fingers thereon, the ramps becoming thicker with increasing angular  
distance from the cutouts, each of said tracks further having a radially extending  
notch formed in an end thereof to engagingly receive one of said fingers, whereby  
the notches are capable of lockingly and disengagably receiving said fingers  
therein;

said insert member configured to fit nestingly inside said socket member and comprising  
a substantially cylindrical main body having an upper end and a lower  
end, and

a second locking structure attached to the lower end of said main body and  
configured to cooperatively interact with said first locking structure, said second  
locking structure comprising a plurality of fingers extending radially outwardly on  
a lower end of the insert member and spaced to fit into the cutouts in the base of  
the socket member;

wherein said insert member is nestingly insertable into said first hollow bore of said  
socket member and is twistable in said socket member, when fully inserted therein, to engage  
said first and second locking structures to temporarily and removably lock the insert member in  
the socket member.

2-5. (Canceled)

6. (Original) The insert apparatus of claim 1, wherein the main body of the insert  
member is formed from a substantially rigid material, and wherein the insert member further  
comprises a liner inside of the main body.

7. (Original) The insert apparatus of claim 6, wherein the insert member is made from  
[[a]] dual ~~durometer~~ materials, with the main body and hub made from a strong, rigid plastic  
material and the liner [[is]] formed from a second, more resilient material.

8. (Original) The insert apparatus of claim 7, wherein the liner comprises an elastomeric material.

9. (Currently Amended) An insert apparatus for use with a bowling ball, said apparatus comprising a socket member and an insert member which fits removably into the socket member,

said socket member comprising

a cylindrical sleeve having a first hollow bore formed therein with a first diameter and

a base formed integrally with the sleeve, the base comprising a floor panel extending inwardly at the bottom of the sleeve and defining a ledge, said floor panel having a second hollow bore formed centrally therein which is coaxial with the sleeve and which has a second diameter smaller than the first diameter, said floor panel having a plurality of cutouts formed radially therein in communication with said second bore,

said base having a channel formed ~~therein below~~ in said floor panel corresponding to each of said cutouts, respectively, and extending away from each said cutout, each of said channels defining a track formed in said base below said ledge,

said insert member configured to fit nestingly inside said socket member and comprising

a substantially cylindrical main body having an upper end and a lower end, and a reduced-diameter hub attached to and extending downwardly from the lower end of the main body,

said insert member further comprising a plurality of spaced apart fingers

operatively attached to said hub and extending radially outwardly thereon;

wherein said insert member is nestingly insertable into said first hollow bore of said socket member with the fingers aligned with the respective cutouts in the base of said socket member, and said insert member is twistable in said socket member, when fully inserted therein, to slide said fingers along said tracks.

10. (Currently Amended) The insert apparatus of claim 9, wherein said tracks comprise ramps, the ramps extending downwardly with increasing angular distance from the cutouts.

11. (Original) The insert apparatus of claim 9, wherein said tracks of said socket member have notches formed therein at ends thereof opposite said cutouts, to temporarily retain the fingers therein.

12. (Canceled)

13. (Currently Amended) An insert apparatus for use with a bowling ball, said apparatus comprising a socket member and an insert member which fits removably into the socket member,

said socket member comprising a cylindrical sleeve having a first hollow bore formed therein with a first diameter and a base formed integrally with the sleeve, the base comprising a floor panel extending inwardly at the bottom of the sleeve and defining a ledge, said floor panel having a second hollow bore formed centrally therein which is coaxial with the sleeve and which

has a second diameter smaller than the first diameter, said floor panel having a plurality of cutouts formed therein extending through portions of said ledge and in communication with said second bore,

said base having a channel formed therein below said floor panel corresponding to each of said cutouts, respectively, and extending away from each said cutout, each of said channels defining a track formed in said base below said ledge, said tracks having notches formed therein at ends thereof opposite the cutouts, to temporarily retain the fingers therein, wherein said tracks comprise ramps which extend downwardly with increasing angular distance from the cutouts;

said insert member configured to fit nestingly inside said socket member and comprising a substantially cylindrical main body having an upper end and a lower end, and a reduced-diameter hub attached to and extending downwardly from the lower end of the main body, said insert member further comprising a plurality of spaced apart fingers integrally attached to said hub and extending outwardly thereon;

wherein said insert member is nestingly insertable into said first hollow bore of said socket member with the fingers aligned with the respective cutouts in the base of said socket member, and said insert member is twistable in said socket member, when fully inserted therein, to slide said fingers along said tracks, and wherein said fingers are temporarily and disengagably lockable in said notches.

14. (Canceled)

15. (Currently Amended)      A method of using an insert apparatus, comprising the steps of:

a) gluing a socket member in a hole formed in a bowling ball, said socket member comprising a cylindrical sleeve having a first hollow bore formed therein with a first diameter, and a base formed integrally with the sleeve, the base comprising a first locking structure, wherein the first locking structure comprises a plurality of cutouts formed in the base of the socket member to receive a corresponding plurality of fingers of an insert member therein, and a plurality of tracks formed in the base of the socket member adjacent said cutouts, respectively, each of said tracks having a notch formed at an end thereof to engagingly receive one of said fingers;

b) inserting an insert member into the hollow bore of said socket member, said insert member comprising a substantially cylindrical main body having an upper end and a lower end, and a second locking structure attached to the lower end of said main body and configured to cooperatively interact with said first locking structure, wherein said second locking structure comprises a plurality of fingers extending outwardly on the lower end of the insert member;

c) aligning said first locking structure with said second locking structure; and

d) twisting said insert member in said socket member, to engage said first and second locking structures and to temporarily and removably lock the insert member in the socket member.

16. (Canceled).